

Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 8 oz		7 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup	1 lb OR 3 oz	2 ⅔ cups OR 1 ½ cups	2. Add onions, granulated garlic, green pepper (optional), black pepper, chili powder, paprika, onion powder, and cumin. Cook for 5 minutes.
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
*Fresh green pepper, chopped (optional)	4 oz	¾ cup	8 oz	1 ½ cups	
Ground black or white pepper		1 tsp		2 tsp	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Canned diced tomatoes, with juice	1 lb 9 ½ oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	3. Stir in tomatoes, water, and tomato paste. Mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water		1 qt ½ cup		2 qt 1 cup	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅔ No. 2-½ can plus 2 ½ Tbsp)	
Canned pinto or kidney beans, drained stock reserved OR *Cooked dry pinto or kidney beans, drained (see preparation note)	1 lb 11 oz OR 1 lb ½ oz	3 cups OR 2 ¾ cups	3 lb 6 oz OR 2 lb 1 oz	1 qt 2 cups OR 1 qt 1 ½ cups	4. Stir in beans. Cover and simmer. Stir occasionally. CCP: Heat to 155° F or higher for 15 seconds. OR If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Pour into serving pans or bowls.

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Reduced fat Cheddar cheese, shredded (optional)

12 oz

3 ½ cups

1 lb 8 oz

1 qt 3 cups

6. CCP: Hold for hot service at 135° F or higher.

Portion with 4 oz ladle (½ cup). Garnish with cheese (optional).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	9 oz	1 lb 2 oz
Green peppers	5 oz	10 oz
Pinto beans, dry OR Kidney beans, dry	9 oz OR 7 oz	1 lb 2 oz OR 14 oz

SERVING:

½ cup (4 oz ladle) provides 2 oz of cooked lean meat and ⅔ cup of vegetable.

YIELD:

25 Servings: 8 lb 4 oz

50 Servings: 17 lb

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: 1 ½ gallons 1 cup

Tested 2004

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

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Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked pinto beans.

1 lb dry kidney beans=about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked pinto beans.

Nutrients Per Serving					
Calories	179	Saturated Fat	3.56 g	Iron	2.50 mg
Protein	15.40 g	Cholesterol	42 mg	Calcium	43 mg
Carbohydrate	10.64 g	Vitamin A	809 IU	Sodium	204 mg
Total Fat	8.51 g	Vitamin C	14.5 mg	Dietary Fiber	2.4 g